

Bavarian News

Vol 3. Nr. 3

Grafenwoehr, Hohenfels and Vilseck

February 7, 2007

Winter ... finally !

Staff Sgt. Michael Windsor cuts a path outside of his home in Grafenwoehr Jan. 27 after an unseasonably late snow. Last month's snowfall was the first snow of winter.

photo by Sue Bluhm



Bavarian News named best in IMCOM-E

IMCOM-E Public Affairs

The Installation Management Command Europe Region Director, Russell B. Hall has announced the winners of the Europe Region level of the 2006 Army Keith L. Ware Journalism Awards.

A panel of experienced journalists and public affairs officers reviewed submissions last week to come up with the best in IMCOM-Europe.

The Keith L. Ware competition recognizes the journalistic excellence of Army military and civilian journalists.

The competition is named in memory of Maj. Gen. Keith L. Ware, former Army Chief of Public Affairs.

Ware received the Medal of Honor in World War II and was killed while commanding the 1st Infantry Division in Vietnam in 1968.

First place winners noted below will be forwarded to the Department of the

Army Public Affairs for consideration in the Army-wide competition. The IMCOM Europe 2006 winners are:

Category B: Tabloid-Format Newspaper

1st Place: "Bavarian News" - USAG Grafenwoehr

1st Place: "The Herald Post" - USAG Heidelberg

3rd Place: "The Citizen" - USAG Stuttgart

("Herald-Post" and "Bavarian News" tied for first place)

Category E: News Article

1st Place: Rebecca Shadowens - "Herald Post" - USAG Heidelberg

2nd Place: Jen Rodriguez - Herald-Post - USAG Hedielsberg

2nd Place: Kimberly Gearhart - The Point" - US Army Europe Region Transformation Group (Nord Bayern) (Provisional)

See **BIAS** Page 3

Technology Expo brings latest gadgets to military doorstep

by **KATIE COWART**

Assistant editor

The U.S. Army Garrison Grafenwoehr Technology Exposition, hosted by the 69th Signal Battalion Feb. 2 at the Tower View Conference Center, brought 27 different companies and their products to the doorstep of potential customers.

The companies offered a wide variety of products, ranging from standard office supplies and new information technology to computers and AC Power Platforms that can be used by the military out in the field.

While businesses were there to sell their products, the main purpose of the Expo was to bring information and

awareness of the new technology to the people most likely to need it.

Master Sgt. Brent Williams of the 173rd out of Vicenza, Italy, stated that he got an enhanced view of current technology by attending the Expo.

"We've seen a lot of interesting things, and are planning on making a few purchases," Williams said. "With all the changes in the battlefield, you have to stay ahead."

Perkins Technical Services, Inc. representative Dr. Lloyd Childs showed off the AC Power Platform for SINCGARS radios that operates on 85-265 volts and 47-440 Hz, which Childs said covers the whole world.

"The audience that needs this

See **GRAFENWOEHR** Page 3

So you want a bigger allowance?

Special to the Bavarian News

Service members living "on the economy" in Europe and concerned about their housing costs are encouraged to complete the annual Overseas Housing, Utility and Move-in Allowance surveys in February.

The online survey is became accessible Feb. 1 and must be completed by Feb. 28 by service members stationed in Europe and living in privately leased houses or apartments, said Maj. Randy Johnson, 266th Finance Command deputy finance operations director.

The link to the survey can be found at <https://www.perdiem.osd.mil/oha/survey/feboha.html>.

Maximum participation in the survey is essential because the Department of Defense Per Diem, Travel and Transportation Allowance committee will determine next year's allowances and reimbursements to service members based upon the results, Johnson said.

"These rates are based on the actual expenses that service members incur," he said.

The questionnaire is similar in scope to previous surveys, Johnson said. Respondents will report the average monthly cost of utilities and routine household maintenance.

To complete the utility portion of the survey,

service members should base their responses on the actual cost of the utility and maintenance services, he said.

For the move-in portion of the survey, service members will be asked to report actual moving expenses such as purchases of refrigerators, utility hook up, and installation charges.

The survey can be completed at the service member's work place or home. If it cannot be completed during one session, the respondent can stop and complete it later. However, once started, the work can only be completed on the same computer.

Maximum participation is encouraged because the results could impact every service members' allowances, Johnson said.

"We need maximum participation in order to ensure that we establish accurate reimbursement rates for utilities and moving expenses so the government can establish a realistic standard," he said. "We must be fair to the Soldiers but we must also be good stewards of the taxpayers' dollars."

For more information about completing the survey, service members should contact their local finance and accounting office, said Johnson.

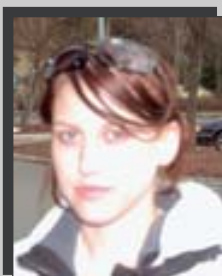


photo by Sue Bluhm

Troop 261 Cub Scout Matthew Johnson, 8, sands his Pinewood Derby race car Jan. 27 before applying a coat of paint in preparation for the annual derby March 17.

Q&A

How concerned are you about global warming?



Rebel Larrison
"I'm not really concerned about it. If it's going to hit, it'll be when my generation is gone. I'm sure we'll figure out a way to slow it down."

Sgt. Roman Pilkington

"I don't want my kids to grow up in it."



Spc. Joshua McGinnis

"Concerned, other than separating garbage, I'm not doing much, but I am concerned. I know it's not going to destroy my world."



Carol Castleberry

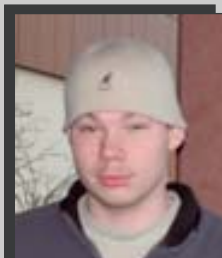
"Global warming is *not* good. It screws up the seasons, and I like having different seasons."



Michael Walentuk
"I don't think it's as bad as the media portrays it. It's a natural cycle."

PFC Glory Perez

"It's crazy. There are things we could do to change it on an everyday basis. We just have to work on it."



Josh Yeary
"Global warming is bogus because the excess heat is absorbed mostly through ocean bedrock."

Spc. Ashton Wolf

"It's more of a natural occurrence. It's more political than scientific."



Command Message

Adjust driving for snow

Well, we've had our first snow. While it is almost all melted now, it probably will snow again before this edition hits the street. We can expect the threat of snow well into the March/April timeframe, and that leads immediately into my first topic this week.

Driving safety

We had five military accidents during the recent snow fall. We had almost a dozen civilian fender benders and losses of control. Although my data is just the first report and does not provide final judgment as to the cause of these accidents, in every case operators moved too fast for the conditions on the ground.

Please slow down. Recognize that roads are different in Germany than perhaps you are familiar with in the U.S. Black ice does exist, and in fact due to high tree growth on the sides of the road, often occurs even when the temperature is above freezing.

Thankfully, we had no accidental deaths or major injuries from the recent storm. Again, stop. Think. Ensure your vehicle is safe and slow down during bad weather.

DODEA survey

While teaching the recent Company Commander and ISG course, I was told that



family members do not often feel like their concerns are listened to. While this won't solve all family members concerns, DODDs is sponsoring a survey on the education of our children.

Unfortunately, we are not doing too well. Recent reporting from the schools shows that only 5-7 percent of parents have done the survey. So here is your chance to be heard. Go to www.dodea.edu and fill out the survey (click on the "2006 Customer Satisfaction Survey icon").

You can fill it out online or print it out, fill it in, and turn it into your child's teacher or respective school administration office. You also can do one for each of your children, and each survey takes less than 20 minutes to complete. Here is a chance to make a difference in your child's educational experience, and I invite all to participate.

Housing

Recently, USAREUR changed housing policies and now directs the first choice of housing to be on post or in built-to-lease. Only after those have been exhausted will private rental arrangements be made.

This is different than in the U.S. and reflects the tremendous investment we have in on post housing (we have to pay to maintain even if not occupied), the blocked 'Built to Lease' Homes (that we pay for whether they are all full or not), and the fact the Army is short millions of dollars in Army Family Housing Funds this year.

In our community, our occupation rate is anywhere from 93-97 percent full, so we clearly meet standards.

We also have a waiting list. However, most people on the waiting list are in homes and just want to move to a separate home—usually closer to the installation.

One final comment on homes. Fitzhum has been turned over to the housing. We are executing whole neighborhood stairwell renovation in Vilseck.

When complete, we will move personnel to these homes, opening up half of Fitzhum to renovate. Once that is done, we'll move people and renovate the other half of Fitzhum.

At endstate, we will have upgraded all of our stairwell and large occupied home areas in the Graf and Vilseck area, but it will take some time to complete.

Congratulations to Hohenfels High School for winning the recent USAREUR Rifle Championship. This is another win for an area school and we are all proud of you.

Winter sports season is well upon us and I invite you to take some time to see basketball, wrestling, and other sports at both the high school and installation levels. Stay safe and help make this community the best place to live and serve in Europe.

*Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr*

Buy the simplest version of what you need



JACEY ECKHART
On the Homefront

This year I resolved to simplify my life. I started with my iPod Nano.

"That's weird," Brad told me when I made the big announcement. "Don't you think you ought to start with your schedule? Your commitments to the command? The deadlines that host a funeral before you notice them?"

"Nope, I'm starting with the Nano. It's the root of all evil."

Brad put his hand on my forehead. "No fever," he mused.

Then I had to explain to him about how my iPod and my computer and my cell phone and my digital camera and my photo printer are a bunch of evil-spewing liars.

They're supposed to make my military life easier. Instead they make things more and more complicated.

"That wouldn't happen if you would read the manuals," Brad suggested.

"Who has time for the manuals? That's why I bought the things in the first place—to save the time I do not have. Besides," I whispered, turning toward the window. "They taunt me." "They taunt you?"

I peered over Brad's shoulder to where the heinous devices crowded by the computer, their slick tails sucking energy right out of the house.

I told Brad how the alarm on the phone kept going off at 1:54 pm so I had to throw it in a drawer to make it stop. And how the cell phone hated me because I could only take a picture, not actually send it to anyone.

Meanwhile the screen is so small I could go blind.

"The Nano is the worst. I want it to play cool music when I roller blade. But it taunts me because I don't have any playlists."

I don't have time to make any playlists or decide what the best playlist would be for skating backwards on that particular day. Then it has this whole screen that shows an address book and games and a stopwatch and I don't know what-all. I am

wasting it!"

Brad made me lie down. But when he left the room I nipped over to the phone and called John Maeda at the Massachusetts Institute of Technology.

I've been reading his book "The Laws of Simplicity" which is where I got this whole simplify-simplify idea in the first place.

See **MORE** Page 3

Letter to the Editor



Dear Editor,
As football fever peaks with the approaching Superbowl, we wanted to congratulate all the players, parents, and volunteer coaches from Bamberg, Hohenfels, Grafenwoehr, and Vilseck who make the European Youth Sports Football League a very special and rewarding program for our communities.

Vilseck CYS hosted the 2006 Youth Football Championships, and we wanted to thank the CYS staff as well as the Mitey Mite Age Division Vilseck Falcons' players and parents.

The Vilseck Mitey Mites won their second

championship in a row and accomplished it with a ton of individual hard work and an unflinching dedication to team. Thanks for an inspiring season!

Go Falcons,
Coach John McKissock,
Coach Ric Melvin, Coach Darryl Lewis, Coach Ed Bogawitch, and Coach Rick Zhorne

(Front row from left) Ken Bogawitch, Joe Volosky, Cole McKissock, Jesse Feiloakitau, Alex Rodriguez, Travis Grove, Michael Smith, Elijah Kyle.

(Middle row from left) Dakota Zhorne, Gabriel Lewis, Kyle Kramer, Michael Cavazos, Gabreil Delrio, Zac Melvin, Dean McKissock, Richard Morigeau, Mac Ingoglia.

(Back row from left) Rick Zhorne, Ed Bogawitch, John McKissock, Ric Melvin, Darryl Lewis.

Bavarian News

Grafenwoehr • Hohenfels • Vilseck

Producer: **MILCOM Advertising Agency**

Roswitha Lehner
Zeilaekerstrasse 35 • 92637 Weiden • Telefax 0961-67050-32

Internet: **www.milcom.de**

Bavarian News is an unofficial biweekly publication authorized by AR 360-1. Editorial views are not necessarily those of the Department of the Army. The paper is an offset publication prepared and edited by the U.S. Army Garrison-Grafenwoehr Public Affairs Office. Bavarian News is printed by Werbeagentur und Verlag Roswitha Lehner and distributed every other Wednesday. Circulation is 6,000 copies. Submissions are welcome. Send letters to the editor and commentaries to PAO, Unit 28130, Attn: Bavarian News, APO AE 09114, or e-mail them to usaggnws@graf.eur.army.mil. Telephone the Bavarian News at 475-7113 or fax to 475-7935 with story ideas and events.



USAG G Commander
Col. Brian Boyle

USAG G Acting PAO
Nick D'Amario (475-6417)

Bavarian News Editor
Adriane Foss (475-7113)

Assistant Editor
Katie Cowart (475-7113)

Vilseck Correspondent
Jodi Ward (475-1600)

Grafenwoehr Correspondent
Biliana Atova (475-1600)

Hohenfels Correspondent
Garry Barrows (475-1600)

Food & Culture Columnist
Martina Bias (475-1600)

More requires more upkeep, could be main source of stress

Continued From Page 2

Maeda is the father of five, an MIT professor, an Olympic-class technologist who can't keep up with his cell phone either. I think he talks to crazy women all the time. Because he wasn't surprised my techpets were making me crazy.

Maeda thinks that technology is the main source of people feeling overwhelmed today. "People not only buy, but more importantly love, designs that can make their lives simpler," said Maeda in a recent phone interview.

But as technology advances, the designers are able to add more features to our devices at a lower cost.

"And we want more," Maeda said. "It is human nature to want more."

But more isn't always what is really good for us. More requires more upkeep, more knowledge, more practice, more remembering to keep everything plugged in. Maeda suggested that one solution is to buy the simplest version of what you need.

My iProblem is the perfect case in point. Instead of the Nano that has a screen and a wheel and many features, Maeda is a fan of the iPod Shuffle.

"Giving up the option of choice, and letting a machine choose for you, is a radical approach to shrinking the time we might spend otherwise fumbling with the iPod's scroll-wheel."

Randomness as a choice to make things more simple? I had to think about that one. Wouldn't I miss all those options for choosing and organizing and controlling my music?

I just couldn't see how that would work. So I borrowed Brad's iPod Shuffle, downloaded my tunes and went rollerblading.

Sure enough, all the songs I heard I liked. I didn't know what was coming

next. I just skated backwards listening to Sarah McLachlan and Bachman Turner Overdrive and Chamillionaire.

It was easier just because I didn't have to be in control of it all.

What's next then? A phone that will only send and receive calls. A camera that only takes pictures on film. A husband who comes home every night. A house on Walden Pond. Radical.

A 19-year military spouse, Jacey Eckhart is a syndicated columnist with CinCHouse.com, a published author and the host of The Jacey Eckhart Show.

Spotlight on Education



Name: Nell Dunn

What grade/subject do you teach? Reading Recovery, 1st Grade

Hometown: Born in Augusta, Ga.; Grew up in Columbia, S.C.; Spent 22 years in Texas

How long have you been a teacher? 15 years

What do you like best about teaching? The feeling I have every night before falling asleep that I'm doing something to improve the lives of others.

What advice can you give students to help them succeed in school? Notice what's going on around you! Be aware, be active, and most of all BE KIND! Read, Read, Read! Never give up!

Bias takes second place for culture column

'Welcome to Bavaria' issue takes third in Special Achievement category

Continued From Page 1

2nd Place: Cheryl Boujnida – The Point - US Army Europe Region Transformation Group (Nord Bayern) (Provisional)

(Jen D. Rodriguez, Kimberly Gearhart and Cheryl Boujnida tied for second place; therefore, no 3rd place was awarded).

Category F: Feature Article

1st Place: Brandon Beach - The Citizen - USAG Stuttgart

2nd Place: Rebecca Shadowens – Herald-Post – USAG Heidelberg

3rd Place: Jim Hughes – The Point - US Army Europe Region Transformation Group (Nord Bayern) (Provisional)

Category G: Commentary

1st Place: Susan Huseman – Herald Union - USAG Hessen

2nd Place: Roger Teel - The Point - US Army Europe Region Transformation Group (Nord Bayern) (Provisional)

3rd Place: Kimberly Gearhart – The

Point - US Army Europe Region Transformation Group (Nord Bayern) (Provisional)

Category H: Sports Article

1st Place: Karl Wiesel – Herald-Union – USAG Hessen

2nd Place: Susan Huseman – Herald-Union – USAG Hessen

2nd Place: Jen D. Rodriguez – Herald-Post – USAG Heidelberg

Honorable Mention: Brandon Beach – The Citizen – USAG Stuttgart (Susan Huseman and Jen D. Rodriguez tied for 2nd place; therefore, no 3rd place was awarded).

Category I: Story Series

1st Place: Susan Huseman – Herald-Union – USAG Hessen

(No 2nd or 3rd place was awarded)

Category J: Single/Stand-Alone Photograph

1st Place: Brandon Beach - The Citizen - USAG Stuttgart

2nd Place: Rebecca Shadowens – Herald-Post – USAG Heidelberg

3rd Place: Ignacio "Iggy"

Rubalcava – Herald-Union – USAG Hessen)

Category K: Photojournalism

1st Place: Brandon Beach – The Citizen - USAG Stuttgart

2nd Place: Christine June – Herald-Post – USAG Heidelberg

3rd Place: Hugh McBride – The Citizen – USAG Stuttgart

Category L: Art Graphics in Support of a Publication

1st Place: Karl Wiesel – Herald-Union – USAG Hessen

(No 2nd or 3rd place was awarded)

Category M: Contribution by Stringer – Writer

1st Place: Kelley Deichert – Herald-Union – USAG Hessen

2nd Place: Martina Bias – Bavarian News – USAG Grafenwoehr

(No 3rd place was awarded)

Category N: Contribution by Stringer – Photo

1st Place: Gene Knudsen - Herald-Post - USAG Heidelberg

2nd Place: Gene Knudsen - Herald-Post - USAG Heidelberg

3rd Place: Gene Knudsen - Herald-Post - USAG Heidelberg

Category O: Moss Holland Civilian Journalist of the Year

1st Place: Brandon Beach – The Citizen – USAG Stuttgart

2nd Place: Susan Huseman – Herald-Union – USAG Hessen

3rd Place: Scott Rouch – The Point - US Army Europe Region Transformation Group (Nord Bayern) (Provisional)

Category S: Special Achievement in Print Media

1st Place: The Citizen - USAG Stuttgart

2nd Place: Herald-Union - USAG Hessen

3rd Place: Bavaria-News – USAG Grafenwoehr

Category T: Web-based Publication

1st Place: Herald-Union on line – USAG Hessen

2nd Place: Herald-Post online – USAG Heidelberg

Grafenwoehr Expo showcases latest technology

Continued From Page 1

platform is here," Childs said.

Cisco Systems specializes in networking for the Internet.

Product Solutions Specialist Daniel Warschawski agreed that Grafenwoehr needed a technology display.

"This area is growing so much. So far, there's been lots of neglect, but we want to bring technology to the field because that's where the troops

are," Warschawski said.

Both the customers and companies present benefited from the Expo.

The companies learned firsthand what issues their customers needed help with, and customers learned what solutions were already available.

The Expo also allowed companies to come face-to-face with their competitors and showcase exactly what differences there were between them.

This allowed customers to make the right choice based on their needs.

While the primary goal of the Expo was to highlight new technology for military use, many took the opportunity to come for the purely educational aspect of it.

Cornelia Touzinsky and her son Andrew of Grafenwoehr were among the attendees coming "just to see".

"My son has always been very interested in technology, and this is a good opportunity to see new

developments," Touzinsky said. "It's never too early to start thinking about what you want to do for a future career!"

Andrew Touzinsky added that his favorite part of the Expo was seeing the laptops that wouldn't break when dropped.

While this was only the first technology expo held at Grafenwoehr, many of the companies and guests present voiced an interest in seeing another here in the future.

Creative education

Grafenwoehr Elementary School teacher Pearl Clark and her second grade class imagined, designed, and built a model community from the ground up. This real-life activity helped students understand the important aspects of community relationships and encouraged them to develop their academic skills during its creation. The students voted on their community name, Jackson City. Students are currently distributing a community newspaper called the Jackson City News under the guidance of "Mayor Pearl Clark."

Courtesy photo



Healthy Empowerment

Dear Demetrius,
I understand that you encourage weight lifting and exercise but I don't understand how to start and how to progress a program. I am 35 and ready to start the program that will make me feel 25 again. Can you tell me the secret?

Kim
Seeking the Fountain of Youth

Dear Kim,
Participate in ≥30 minutes of aerobic activity most days of the week. By aerobic activity I am speaking of anything that can be done consistently for a duration and will increase your heart rate.

When lifting weights start off light even with just 0-5 pounds and do three sets of 8. Increase the reps as it gets easier and once you can do 12 reps easily move up in weight (five to ten pounds). Use qualified personal trainers, respectable magazines, and books to lead you along the way. When following an exercise regimen on a regular schedule you may bring about a greater self value for yourself and sense of youth both physically and mentally through your goal accomplishments and results. Remember that how you feel and see yourself is most likely how others will perceive you.

Send your nutrition and fitness questions to usagnews@EUR.army.mil. Demetrius Willis is a registered dietician and a certified personal trainer.

Civilians on the battlefield, commonly called COBs, play their parts as village townspeople looking at damaged cars during last month's OMLT exercise at Hohenfels.



Hohenfels 'trains the trainer'

OMLT exercise brings Afghan army, 7 Coalition nations together

Story and photos by
GARRY BARROWS
Staff writer

The Joint Multinational Readiness Center in Hohenfels, Germany, continues to fulfill its title as the Multinational Training Center of Excellence.

The U.S. and Coalition partners regularly take part in unique exercises to strengthen the already formidable capabilities of our Afghan allies as we continue to fight the Global War on Terrorism.

Approximately 73 soldiers, policemen, and leaders from the Afghanistan National Army and the Afghan National Police have traveled more than 5,000 kilometers to partner with elements from seven Coalition nations—Canada, Croatia, France, Germany, Netherlands, and the United Kingdom.

Units from these nations have come together to produce the Operational Mentorship and Liaison Team Training III over a two-week period ending today.

The participating countries have each sent specialized personnel to work in close concert with the Afghan soldiers and police.

The British, for example, sent 35 men to take part in the mentor training plus three observers who will take information back to England to incorporate into their training programs.

OMLT provides the realistic training exercises that facilitate a closer partnership and enhanced training of Afghan personnel in Hohenfels and in Afghanistan. U.S., Afghan, and Coalition forces are

being instructed and evaluated during several of the OMLT exercises, including combat patrols, base defenses, cordon & search, and urban operation training exercises.

Major John Neal, an operations officer and one of the exercise designers, explained the focus of one of the urban operation training exercises.

"We, as designers, lay out the training scenario, but the OMLT platoon does their own thing in reaction," said Neal.

During one OMLT situation training exercise, an Afghan platoon with their British mentors were given the order to investigate and apprehend a suspected improvised explosive device manufacturer in the area.

Procedure dictates that the platoon leader should attempt to meet and negotiate with the village leader, who is the equivalent of a city mayor.

The better the platoon leader's verbal interaction with the village leader, the more useful information he will obtain to direct his unit to the location of the suspect.

During the meeting, a security patrol made contact with the suspect and a firefight ensued.

This portion of the training scenario was completed successfully as the suspect was apprehended. Other elements of the exercise (information gathering and negotiation with local leaders, conduct of the firefight, close air support including vital practice in pilot interaction, and use of and interaction with the explosive ordinance disposal team) also took place successfully.

During another scenario, the mission included a unit securing a village. As they moved into the village, the unit was fired upon.

While the British leaders issued

orders, the interpretation and translation were lacking during the heat of battle.

British Observer Controller Sgt. Mark Hill explained that classroom training earlier in the week did focus on the importance of translation, interaction, and the roll of interpreters.

"Hand and arm signals were rehearsed to transmit commands in the absence of language translation," said Hill, "but this kind of realism is valuable to drive home its importance."

"This is the last training they will have before the real thing so we try everything to make it as realistic as possible," said Neal, noting that these types of situations are exactly what the training is intended to uncover and address.

Another interesting aspect of this OMLT training is the roll of the Afghan Police forces here and what they will take away from it.

2nd Lt. Zaviwah Varsaji explained a primary focus of their unit is drug enforcement. He said that Afghans are "against narcotics," and that kind of support from the people made his job more fulfilling.

Varsaji also said many aspects of the training are valuable to his detachment, especially the new search procedures and improved techniques at roadblocks and checkpoints.

Within weeks, many of the teams participating in the OMLT will be in Afghanistan providing ANA commanders, soldiers, and local police with professional and practical assistance in their fight against anti-Coalition forces.



British and Afghan soldiers secure the area as a local is searched.

Welcome Home Cherokees

Welcome home Team Cherokee! At press time, the 1-4 Infantry eagerly awaits the return of our task force from a tremendously successful seven-month deployment to Afghanistan.

Task Force Cherokee consists of Company C, 1-4 Inf. and a battalion headquarters comprised of HHC, 1-4 Inf. personnel.

Task Force Commander Maj. Glenn Nichols, Co. C Commander Capt. Kevin Poole, and Co. C 1st Sgt. Scott Broxton are already preparing for their last deployment mission—reintegration training upon return to Hohenfels.

I cannot say enough about the great accomplishments Cherokee has accumulated while participating in Operation Enduring Freedom.

The unit occupied multiple austere forward operating bases and delivered heavy blows to the Taliban during their tour. The 1-4 Inf. seeks to memorialize Cherokee's one fallen soldier, Cpl. Isaiah Calloway, by naming a street in the battalion area in his honor.

Upon successful reintegration training, the battalion will host Team Cherokee's Welcome Home Ceremony and recognize not only the skilled warriors of the task force, but also the Cherokee Family Readiness Group leadership.

One task force's return implies successful transfer of authority to another 1-4 Inf. task force: Task Force Bulldog.

Task Force Bulldog, commanded by Maj. Chris Clay, includes a battalion headquarters and Co. B, 1-4 Inf., which is led by Capt. Sam Edwards and 1st Sgt. Robert Gooden. Team Bulldog will continue on in the Global War on Terrorism fight and maintain their area of operations.

I would like to personally thank the Joint Multinational Readiness Center and the community for the tremendous support we have received during both unit train-ups and deployments.

*LTC Timothy R. DeLass
1-4 Infantry Commander
JMRC, Hohenfels*



Girls Scouts support deployed troops with cookie donations

by **GERRY ARBIOS**
Hohenfels PAO

In addition to buying Girl Scout cookies for yourself, there are other options this year—sending a box to troops downrange.

The Cookies for Troops program started last year with the shipment of 100,000 boxes of cookies to deployed service members, 660 boxes of which came from Hohenfels.

This year, more than 1,100 boxes were donated and shipped to troops abroad.

Junior Girl Scout Troop Leader Gwen Gamble asked her Scouts to join in this year's project, and boxes began flooding in to the Girl Scout Lodge Jan. 19.

To show the troops how much the girls really care, Gamble said she and the Scouts have added personal notes in addition to the photocopied notes that tell where the cookies came from.

She said the personal notes included everything from "Come back safe" to "We are proud of you."

With markers in hand, the Scouts jotted their notes on colorful Post-Its and taped them to the boxes. They sang songs in the round as they worked, preparing each box for mailing.

Gamble said all of the 55 registered Girl Scouts in Hohenfels—Daisies, Brownies, Juniors, Cadets, and Seniors—participated in the project.

Thanks to the community, and to the benefit of our deployed troops, the Girl Scout cookies have been sold out.

Eagle Scout Court of Honor

Staff photo by Garry Barrows



An Eagle Scout Court of Honor was held for 13-year-old Ian Sellers at the Hohenfels High School Jan. 19. Sellers achieved the highest scouting rank in less than four years, culminating with his project of planning and implementing a two-day learn-to-swim event for children at a local orphanage.

Read the Hohenfels Box Bulletin in the Bavarian News online at www.milcom.de

Upcoming events highlighted at town hall

Story and photo by **GARRY BARROWS**
Staff writer

Hohenfels’ quarterly community town hall meeting was held Jan. 19 at 3 p.m. at the Community Activities Building.

Lt. Col. James V. Matheson called the meeting to order with welcome remarks before proceeding to the Commander’s Update, an overview of special events for the upcoming quarter.

Matheson brought attention to events including the Jan. 26 \$1-per-game Teen Night bowling, a post bowling championship Feb. 23-24; the April 17-18 Spring Clean-Up, and the April 20-May 1 German/American Volksfest.

Col. Thomas S. Vandal, the commander of the Joint Multinational Readiness Center, then outlined the spring rotations and other assignments that will impact Hohenfels residents.

Vandal emphasized that the mission readiness exercise beginning in March would bring more than 5,200 Soldiers to Hohenfels and suggested families shop earlier in the day to avoid the rush. He also said recent policy statements had placed some of the rotation reservations into a tentative status.

Representatives from post organizations took turns highlighting their special events. The Department of Public Works led off with an update on the planned, ongoing, or recently ended construction projects, including the completion of a new building to house the Vipers Team and the installation of a new traffic

configuration at the T-intersection at Gate 5.

A health clinic representative announced the clinic’s new hours of operation and the availability of walk-in flu shots.

The new clinic hours are as follows:

Mon–Wed & Fri
0700-0730 AD.....Sick Call/Sign in
0800-1700(1500 Fri).....Full Service
1300-1400(1330 Fri).....Community Sick Call/Sign in

Thursday
0700-1200.....Sergeants Time Training
1300-1400.....Community Sick Call/Sign in
1300-1700.....Full Service

Other major events scheduled within the next three months are:

- A visit by the 1967 Texas Western basketball team, the first primarily African American NCAA champions, Feb. 16
- The Army Family Action Plan Conference March 19-20 at the CAC
- The Spring Bazaar March 23-25 in the CAC
- The 5K Fun Run March 24
- Gary Sinese, of CSI New York and member of the Lt. Dan Band, performing at the Post Gym May 9

Col. Vandal opened the floor for questions. Several attendees offered comments about the German law on window tinting and removal of some uniform options for purchase by AFEES.

No immediate solutions were given, but participants were promised responses in an upcoming Community News Briefs.

The following news brief was issued the next week:

The after-market tinted window situation is now covered by a new regulation. USAREUR issued a new AER 190-1 on 4 December 2006. For the first time, AER 190-1 addresses window tinting as follows:

Table C-1
Inspection Items, Methods, and Reasons for Rejection (page 82) 4. VISIBILITY
4.1 Field of Vision
After-market transparent or tinted material attached to windshield or front side windows directly to the left and right of the driver on the passenger side window is prohibited and will cause the vehicle to be rejected.”

...”Obstruction (including reflecting or tinted film) within the driver’s field of view that materially affects his or her view in front or to the sides.”

Therefore, the community is advised that any POVs which have after-market tinting on their windows will no longer pass POV inspection and drivers of such vehicles are now subject to being ticketed by German Polizei or Military

Police since the regulation change was made as a result of German law. Owners of POVs with after-market tinting are required to remove the tinting immediately.

It seems to affect a number of vehicles here and maybe elsewhere. Make your best decision.

The next Hohenfels community town hall meeting will be held May 16 in the Community Activities Center.



U.S. Army Garrison Hohenfels Commander Lt. Col. James Matheson kicked off the Jan. 19 town hall meeting.

Frodo strikes a friendly chord with music students

Story and photos by **GARRY BARROWS**
Staff writer

While the U.S. Government and the Department of Defense Dependant Schools are not actively opposed to having stuffed animals work for them, they are not common.

One of these rarities is Frodo Frog who works with Deborah Barrows, the music teacher at Hohenfels Elementary School.

Frodo is a well-proportioned stuffed green frog about 16 inches long with long arms and legs ideal for conducting music. He came with Barrows from Clinton Township, Mich., when she arrived in Hohenfels in the fall of 2004.

One responsibility of Barrows’ position is to provide elementary aged children instruction in the standards of Music Education. Fundamentals like understanding what constitutes beat and tempo are essential, but can be less than stimulating to this age group.

Barrows discovered that if she used Frodo to help teach these topics,

the children pay attention and seem to absorb musical concepts better.

“They will intently watch him and really try to do what he is doing,” said Barrows, “and they won’t take any kind of offense when Frodo and I correct something they are doing wrong.”

Frodo, who can often be found on a chair or in the windowsill when not teaching, has become a valued member of the music education team at Hohenfels Elementary.

How valued? The following are excerpts from first-grade composition assignments from the classes of Ann Arnold, Colleen Caputo, and Jennifer Kern:

What is Frodo Frog’s favorite thing to do and why is it important?

Dustin Adler said Frodo “is a good frog who likes to keep the beat. He is so much fun.”

McKena Scott thinks he “is nice and cute, real good at keeping the beat and real funny. And sometimes he calls to me.”

Brandon Ruiz thinks Frodo is “funny, silly, green and cool.”

Jessica Sandifer enjoys that Frodo teaches her “different things” while



Frodo (above) helps Hohenfels Elementary students (right) learn music concepts while they have fun.



Tiara Gaviria said Frodo “watches us so we can get a happy note (class award).”

Lillian Brewster thinks Frodo is “the best frog I have ever met.”

Mark Anderson understands the nuances of beat in saying “Frodo shows us how to tap on your knees,

your stomach and your feet.”

Michaela Lefebvre recognizes commitment when she sees it and said, “Frodo needs to know the beat. He loves us.”

Sean Brown sees musical talent in Frodo explaining that “he is a great

tapper. He taps his legs and shoulders to keep the beat.”

Jacob Davis describes when the music gets a little more frantic by noting that “Frodo likes to go side-to-side and spin his hands.”

Not bad for a green stuffed frog.

Soldiers, families honored at St. Barbara’s Ball

Story and photo by **Sgt. 1st Class DANIEL STICKEN**
JMRC Vampires

The Oberpfalz Chapter of the U.S. Field Artillery Association, Hohenfels, hosted their annual Saint Barbara’s Day Ball at the Amberger Congress Centrum in Amberg, Germany, Jan. 11.

Each year the Oberpfalz Chapter honors Saint Barbara to sustain one of the oldest traditions of the field artillery and inducts deserving members into the Honorable Order of Saint Barbara. Candidates selected must have made a significant contribution to the field artillery through dedicated, innovative, and prestigious service.

The festivities started at 6 p.m. and continued into the early morning of the next day. The host was Lt. Col. Patrick B. Hogan of the Vampire Team, accompanied by his wife, Natalia.

“The Saint Barbara’s Ball celebrations are an opportunity for artillerymen and their spouses worldwide to gather together and share camaraderie, as well as the military traditions of the field artillery - King of Battle,” said Hogan.

The color guard, which was in charge of putting the U.S. and German flags on display, was provided by Hohenfels High School’s 4th Junior Reserve Officer Training Corps Battalion

The invocation and benediction was conducted by Chaplain Johnson.



Several Soldiers and family members were inducted into the Honorable Order of Saint Barbara and the Artillery Order of Molly Pitcher, respectively.

The guest speaker was the commander of the Joint Multinational Training Command, Brig. Gen. David Perkins, accompanied by his wife, Ginger, and their daughter. Other guests included the commander of the Joint Multinational Readiness Center, Col. Thomas Vandal with his wife, Doreen.

The following individuals were inducted into The Honorable Order of Saint Barbara:

Sgt 1st Class Jose De Jesusbenn

Sgt 1st Class Timothy Evans
Sgt 1st Class Alberto Garcia
Sgt 1st Class Steven Jarvis
Staff Sgt. Fernando Quinones
Roman Midleja

Family members who were inducted into the Artillery Order of Molly Pitcher were **Sylvia Garcia, Kêlig Neal, LaTonya Adams, and Ingrid Porter.**



Several fathers from throughout the Hohenfels community attend the monthly luncheons.

Attend a lunch!

Story and photo by **Chaplain (Maj.) GAIL PORTER**
Hohenfels Family Life Chap

On the last Tuesday of every month, dads from all over Hohenfels gather for lunch and fellowship and to listen to a guest speaker at the Zone.

Hohenfels Family Life Chaplain (Maj.) Gail Porter began the lunches last June. She said the concept was to provide a forum where dads could be affirmed and encouraged in the things they were doing right and get ideas on how to become even better dads.

“The Dad’s lunch offers an excellent, non-threatening opportunity for dads to meet together, share experiences, and develop more effective parenting skills...and by the way, get a free meal in the process,” said Aundré Fryer, a Dads Lunch regular.

The Zone is the location for the monthly gathering. A complementary buffet is served. Dads can call or e-mail Porter to reserve a space.

PAO staffers predict who will take home the gold at the 2007 Academy Awards Feb. 25 and the winner is ...

Susanne Bartsch Community Relations

Best Picture: *Babel*. (I think the jury's secret favorite is *Letters from Iwo Jima* but since Eastwood has already won five Oscars for acting and directing, they'll pass him over this time.)

Best Actor: Peter O'Toole. Quite frankly, this is a last chance to honor him with a real Oscar. (He received an honorary Oscar in 2002.)

Best Supporting Actor: Djimon Hounsou. Since I predict that O'Toole will win best actor, Hounsou will win an actor's award for *Blood Diamonds*.

Best Actress: Helen Mirren will definitely win. She won the Golden Globe and is nominated

for a 2007 BAFTA.

Best Supporting Actress:

I'm hoping Cate Blanchett will take this category since I think she is one of the world's best actresses, but Jennifer Hudson is a strong contender.

Best Director: Martin Scorsese for *The Departed*. As we all know, the awards are very

political, and Scorsese has been passed over for years. This is his year.

Best Costume Design: *Marie Antoinette* to give Francis Ford Coppola's daughter Sofia recognition for her work. My personal favorite is *The Devil Wears Prada*.

Best Animated Feature: *Happy Feet* because it is not just an animated movie, but also has a message – to never give up who you are to please others.



Jodi Ward Bavarian News staff writer

Best Actor: Peter O'Toole is up for his eighth nomination for his role in *Venus*. Despite the stiff competition in *Forrest Whitaker*, this is O'Toole's year.

Best Actress: They say the third time's a charm, and I think it will be for Helen Mirren. She's already nabbed the Venice Film Festival and Golden Globes awards...

Best Supporting Actor/Actress: I think the nod for both will go to Eddie Murphy and Jennifer Hudson. Murphy's role is said to be his career best performance and a big departure from his previous 40-plus movies.

Former American Idol contestant and acting newcomer Jennifer Hudson is a clear favorite in this category.

Best Movie: *The Departed*. Sure, I'm slightly biased, as the movie takes place in South Boston—my old stomping grounds, but you just can't put all an all-

star cast like this together and not have a winner. Believe me, this one is wicked good!

Best Director: Again, *The Departed*. After six fruitless nominations, Scorsese will bring home the gold.

Best Costume Design: Absolutely, positively, 100

percent *The Devil Wears Prada*. It's a Jimmy Choo shoe-in to win.



Nominations in the major categories are:

ACTOR LEADING

Leonardo DiCaprio *BLOOD DIAMOND*
Ryan Gosling *HALF NELSON*
Peter O'Toole *VENUS*
Will Smith *THE PURSUIT OF HAPPYNESS*
Forest Whitaker *THE LAST KING OF SCOTLAND*

ACTOR SUPPORTING

Alan Arkin *LITTLE MISS SUNSHINE*
Jackie Earle Haley *LITTLE CHILDREN*
Djimon Hounsou *BLOOD DIAMOND*
Eddie Murphy *DREAMGIRLS*
Mark Wahlberg *THE DEPARTED*

ACTRESS LEADING

Penélope Cruz *VOLVER*

Judi Dench *NOTES ON A SCANDAL*
Helen Mirren *THE QUEEN*
Meryl Streep *THE DEVIL WEARS PRADA*
Kate Winslet *LITTLE CHILDREN*

ACTRESS SUPPORTING

Adriana Barraza *BABEL*
Cate Blanchett *NOTES ON A SCANDAL*
Abigail Breslin *LITTLE MISS SUNSHINE*
Jennifer Hudson *DREAMGIRLS*
Rinko Kikuchi *BABEL*

ANIMATED FEATURE

CARS
HAPPY FEET
MONSTER HOUSE

DIRECTING

BABEL
THE DEPARTED
LETTERS FROM IWO JIMA
THE QUEEN
UNITED 93

BEST PICTURE

BABEL
THE DEPARTED
LETTERS FROM IWO JIMA
LITTLE MISS SUNSHINE
THE QUEEN

COSTUME DESIGN

CURSE OF THE GOLDEN FLOWER
THE DEVIL WEARS PRADA
DREAMGIRLS
MARIE ANTOINETTE
THE QUEEN

Fun Fact: The Oscar statuette depicts a knight holding a crusader's sword, standing on a reel of film. The film reel features five spokes, signifying the five original branches of the Academy (actors, directors, producers, technicians and writers.)

Grafenwoehr/Vilseck Briefs

Professionals needed for CYS SKIES Unlimited

CYS SKIES Unlimited (School of Knowledge, Inspiration, Exploration, and Skills) is hiring certified professionals who would like to put their skills to work and dedicate their time and knowledge to make a difference in a child’s life. Instructors are needed for Music (Piano, Guitar), Foreign Language (German, Spanish), Gymnastics, Tennis, Swimming, and Academic Tutoring. Contact cysinfo@eur.army.mil.

Infant massage classes offered at Vilseck ACS

The Vilseck New Parent Support Program will be offering a class for new parents to learn how to massage their baby. Infant massage communicates a message of love to your baby and helps your baby relax and let go of tension. Babies sleep better and have an easier time with feeding which increases attachment and bonding. Classes will be offered every Tuesday in February from 10 to 11 a.m. at the Vilseck ACS. For more information, call ACS at DSN 476-2650 or CIV 09662-83-2650.

Red Cross Course Schedule

Saturday: 9 a.m. – 1 p.m.
First Aid, Vilseck Office, #25
Feb. 26-28: 3:30 – 6 p.m.
Babysitter’s Training, Grafenwoehr Office, #35
Pre-payment required for all Health and Safety classes.
Stop by the Vilseck or Grafenwoehr office to make payment by check or money order.
For more information, call the Vilseck office at DSN 476-1760.

Flu vaccine available at Graf, Vilseck health clinics

Grafenwoehr Health Clinic offers Influenza vaccine to all active duty, activated reserve component and all Tricare beneficiaries. Vaccinations are given on a walk-in basis. Our hours are Monday-Wednesday 7 a.m.–7 p.m., Thursday 1–7 p.m., and Saturday 9 a.m.-noon.
Vilseck Health Clinic offers Influenza immunization for the community at the Vilseck Health Clinic (for DoD beneficiaries) for the following days: Mon, Tue, Wed 7 a.m.–4 p.m., Thurs 1-7 p.m., Friday 7 a.m.–2:30 p.m.

Contracting Web site offers training info, newsletter

The Regional Contracting Office Bavaria provides a full range of support and administration to the Commander, 7th Army JMTC; Commander, USAG Grafenwoehr; Commander, USAG Hohenfels; Commander, Joint Multinational Readiness Center; and tenant activities in our area. The RCO Bavaria Web site contains many useful links including points of contact, training information and the RCO Bavaria newsletter. Visit <http://www.usace.army.mil/graf/>.

Female professionals: Resolve to make a difference

Carolyn Beiter, federal women’s program manager for USAG Grafenwoehr, is gauging the interest in a private organization which would support and further women’s employment issues. The goal would be to start a chapter of the Federally Employed Women, but first a private organization under NAF needs to be established to receive future membership dues. We need those with expertise in the start-up months to be part of an interim board; positions needed: president, recorder, treasurer, and private organization expert. This would be an on-post private organization subject to NAF regulation. Call Beiter at DSN 475-8805 or e-mail carolyn.beiter@us.army.mil
Grafenwoehr Entrepreneur Workshop free of charge
Feb. 15-16: Interested in starting your own business? The Gründerzentrum (Business Development

Agency) in Grafenwoehr offers a free two-day Business Start-Up Seminar (Thursday-Friday), 9 a.m.-3 p.m, and is designed for English-speaking parties who would like to start their own business or self-employment. Workshop concentrates on the following topics: development of a business concept, personality of the entrepreneur, structure of a business/ marketing plan, types of private enterprises, legal requirements and prerequisites, competitor analysis, marketing and marketing mix, sources of industry-specific statistics. For workshop registration, mail the workshop instructor, Gabriele Murry, directly at g.w.murry@t-online.de with your detailed contact information (full name, cell phone, work phone, e-mail).

Check out Vilseck’s new MWR Sports Bar

Visit Vilseck’s Langenbruck Center (Bldg. 607) and stop by the new MWR Sports Bar. Relax with a drink and nine flat-screen TVs showing all sports. Play pool or shoot some hoops. Operating hours:
■ Tuesday, Wednesday closed
■ Thursday 3:30 p.m. to midnight
■ Friday & Saturday 4:30 p.m. to 1 a.m.
■ Sunday 6 p.m. to midnight
■ Monday 4:30 p.m. to midnight
Hours will be adjusted to compensate for special televised sports events. For more information, contact the Langenbruck Center at DSN 476-3733, CIV 09662-83-3733.

Girl Scout cookies on sale now in Vilseck, Grafenwoehr

Cookie booth sales have begun at the PX and Commissary in Vilseck and the Commissary in Grafenwoehr. Be on the lookout for girls around both posts. You may see them in front of the CMR or the library. Boxes cost \$3.50 each. Help the Girl Scouts organization and buy a box.

Adjusted POV inspection station operating hours

Tthe U.S. BASOPS Maintenance Center-Europe has readjusted the operating hours in the POV Inspection Station (Bldg. 580) in the USAG Grafenwoehr to reflect following operating hours:
Monday: 7:45 a.m.-noon/12:45-4 p.m.
Tuesday-Friday: 7:30 a.m.-noon/12:45-4 p.m.

Garrison School Update

Tuesday: Installation Advisory Committee at 3:30 p.m.
Feb. 23: GMS February Mardi Gras dance has changed from Feb. 17 to Feb. 23, 6 to 9 p.m.
School Contact Numbers:
VES 476-2812
GES 475-7133
GMS 475-9500
VHS 476-2554
School Transportation 475-9525
GMS Yearbook. If you would like your child to have a GMS Yearbook, please place your orders now. This is the very first Grafenwoehr Middle School Yearbook! The Yearbook Club is working really hard to make the first yearbook special. All Yearbook orders need to be turned into the front office. Please make checks payable to GMS PTSA.
CYS SKIES new creative arts program. Tuesdays for ages 3-5, 11:45 a.m.-12:15 p.m., and ages 5 & up, 12:15-1:15 p.m. Vilseck CYS Bldg. 224. Monthly Cost: \$20.
For information, contact CYS at DSN 476-2760 or CIV 09662-83-2760.
Comments or suggestions? DODEA Customer Satisfaction survey can be taken online by parents, teachers, and students in grades 4-12 at www.dodea.edu.

Interested in participating in the Volksfest? Register now!

Private organizations and units must register before Feb. 28. Private organizations and units desiring participation in this summer’s German/American Volksfest must submit a request form to Neville Paschall, MWR special events coordinator. For questions or a registration form, call Paschall at DSN 475-6167 or CIV 09641-83-6167. The next planning meeting for the Volksfest will be Feb. 28 in

Grafenwoehr, Bldg. 539, second floor conference room, starting at 6 p.m.

SatoTravel: Grafenwoehr and Vilseck Closure

Feb. 28: The commercial travel offices in Grafenwoehr and Vilseck will be closed for their annual Works Council Meeting. The Call Centers are available for emergency travelers. European Reservation Center, RAF Croughton, United Kingdom hours: Monday–Friday, 0700–1900 GMT. phone: Toll Free 0800-100-7102, Commercial 0044-1869810178, DSN 314-236-8418. International Service Center, San Antonio, Texas hours: 24/7 phone: Toll Free 0800-826-8960, Collect 210-877-3255.

Vilseck library offering monthly special events

■ Pre-school Story Time: every Wednesday 10 a.m.
■ Hispanic Story Time: first and third Friday of each month
■ Mother/Daughter Book Club: second Tuesday of each month (for mothers and 8-12 year-old daughters)
Visit the library for specific times, or call DSN 476-1740 for more information.

Graf and Vilseck CMRs have longer Thursday hours

Now in effect: Both the Graf and Vilseck Consolidated Mail Rooms or CMR, customer service windows will remain open a half-hour longer on Thursdays. This change is due to the recent elimination of Family Time, and will standardize the daily operating hours from 10 am to 5:30 pm, Monday through Friday. For more information, call Mr. Morris at DSN 476-2509 for Vilseck, and Mr. Ferrer at DSN 475-6164 for Grafenwoehr.

Chaplain Happenings

■ **Club Beyond looking for Youth Mentors**
Are you willing to live your faith in front of teens? Our students are looking for leaders who love God and will talk openly with them about faith. MCYM/Club Beyond is a chapel-sponsored youth ministry serving the Vilseck/Graf communities. For more info, contact Aretta Zitta at aretta.zitta@graf.eur.army.mil, CIV 0160-9876-9678.
■ **Catholic Seeking Christ Group** meets Wednesdays in Vilseck 6:30–8 p.m. in the Vilseck Chapel Hall. We are looking for Adult Catholic Soldiers to join. Dinner will be provided. If you have any questions or would like further information, contact the Vilseck Chapel at DSN 476-3696.
■ **Military Council of Catholic Women** CWOC invites all women of the parish to join them for meetings every Wednesday morning 11:30 a.m.-1:30 p.m. Watchcare will be provided at the morning events. Every Wednesday night we meet for a session of “Courageous Women” at 7-8:30 p.m. in Bldg. 555, Grafenwoehr. Contact DSN 476-3696 for more information.
■ **Graf PWOC Wednesday Evening Bible Study for Women** Evening Bible study for working or busy women. Our group is dedicated to growing in the Lord. Join us Wednesday evenings at Bldg. 555 from 5:30-7 p.m. Our current study is *Restore My Heart* by Denise Glenn. For more information, contact angela.hood@us.army.mil or ernestine.robinson@us.army.mil.

■ **Graf PWOC Thursday Morning Women’s Bible Studies** It’s a new year – let’s start it together growing towards the Lord in unity. Join the Protestant Women of the Chapel every Thursday morning. We are starting a new study called: *The Touch of the Master Hand* by Max Lucado. You can join us at any time during the study. We meet from 9:00-11:30 a.m. at the Chapel Annex (next to the chapel), and free childcare is provided. If you have any questions, contact Kristen at CIV 09641-925814.

Tax centers now open

The garrison Tax Assistance Program is now running. To schedule an appointment, call DSN 475-7779 at Grafenwoehr / DSN 476-3358 at Vilseck.

Hohenfels Briefs

Don’t miss MST Night

Math, Science, and Technology Night will be held March 7 at Hohenfels Middle/High School from 4 to 6 p.m. Not only are you are invited to attend, but also to demonstrate and display your expertise in these fields. Anyone who is interested should e-mail martha.mcintyre@eu.dodea.edu for more information.

Various job openings available at Hohenfels

There are lots of open positions in Hohenfels. AAFES/Burger King, CYS, IACS, and the Mail Room are all looking to hire for various positions. For more information, contact Lara Clagett, ACS Employment Program manager, at DSN 466-4860 or CIV 09472-83-4860

USAG Hohenfels wants your input on AAFES support

Tell us what you think about AAFES support to the Hohenfels Community. We request your candid and very specific input regarding changes you would like to see in AAFES support to Hohenfels or you can tell us that everything is great and you are receiving outstanding support. Either way, we’d like to hear from you. Between now and Tuesday, the Garrison Plans, Analysis, and Integration Office will collect your thoughts, ideas, solutions and recommendations. Send them by the ICE Customer Service system at: <http://ice.disa.mil> <<http://ice.disa.mil/>> , or send them directly to Bridy Godwin at bridy.godwin@eur.army.mil. PAIO, along with an AAFES Council Working Group, will analyze your inputs and develop solutions to improve AAFES support to the Hohenfels community. This working group will be made up of approximately 20 members from a cross-section of the community and they will meet six times in February and March. These recommendations for improvement will be presented to the garrison commander on March 20 and later briefed to Brig. Gen. Perkins.

Baby water play group set

This play group is sponsored by the Hohenfels Hurricanes Swim Team every other Tuesday, 10:30-11:15 a.m. at Bul Mare Swim Bad in Burglengenfeld. For more information, e-mail bethhoech@yahoo.com.

High School Baseball/ *NEW*Softball Program

Don’t be left behind on the waiting list! Sign up today at CLEOS, Bldg. 96, DSN 466-2078. For a sports physical call DSN 466-1750 to schedule an appointment.

Youth Sports Baseball/ Softball Program

Registration ends March 9. Avoid the waiting list and the late fee by signing up today! Youth Sports packets are available at CLEOS. Baseball is open to youth age 3-15 and softball age 10-15 years old. For more information on the Youth Sports program, call DSN 466-2558. (Note: 16-18 year-olds must play high school baseball/softball. 15 year old freshman can play either YS or high school).

Chaplain Happenings

■ Tuesday is the next Mom’s Lunch at The Zone. Child Care is provided for children ages 0-5. Call Chaplain Porter at DSN 466-4795 or CIV 09472-834795 to reserve a space, or send an e-mail to gail.porter@us.army.mil with your name and phone number to reserve a space. Lunch is free. Come spend time with other moms and learn about improving your own skills as a mom.
■ Child care is provided for children aged 0-5 years at the weekly meeting of the **Protestant Women of the Chapel** each Tuesday morning at the Hilltop Chapel Center from 9-11:30 a.m. Come enjoy fellowship, food, and Bible study. The POC is Chaplain Baumann at DSN 466-1570 or CIV 09472-831570.
■ **Young adults** who have already graduated from high school and are working in the community are invited to Bible study, a relaxed atmosphere, and a home cooked meal each Tuesday evening at Bldg. 743, across from the Commissary. This is sponsored by the Protestant Congregation at Nainhof Chapel. Call Chaplain Bradford Baumann at DSN 466-1570 or CIV 09472-831570 for more information.
■ The PWOC holds evening **Bible study** each Wednesday evening from 6 to 8 p.m. No child care is provided. POC is Chaplain Baumann at DSN 466-1570 or CIV 09472-831570.
■ Students in **junior high or high school** are invited to The MUG Coffee House each Wednesday evening. POC is Chris Howard, Club Beyond representative, at DSN 466-4793 or CIV 09472-834793.
■ **Bible study** is held each Thursday morning from 9-11:30 a.m. by the Catholic Women of the Chapel at the Hilltop Chapel Center. POC is Chaplain Wilk at DSN 466-1570 or CIV 09472-831570.

Meet the legendary members of the 1967 Texas Western Men's Basketball Team who made history!

Armed Forces Entertainment Presents

MEN OF GLORY ROAD

Hohenfels
Friday, February 16th
the event begins at
2:00 p.m. in the CAC

See their story in the Disney film:

Meet the first all African-American "starting 5" to win the National Championship, defeating #1 ranked Kentucky during the turbulent 60's.

For more information call DSN 466-2340

ARMED FORCES ENTERTAINMENT

MWR

Fasching!

Don't miss Germany's 2007 Carnival season

by FRANZ ZEILMANN
USAG Grafenwoehr Public Affairs

Carnival is one of the oldest traditions celebrated, not only in Germany, but in many countries throughout the world.

The carnival period begins every year on the 11th day of November at 11 minutes after 11 and is celebrated practically non-stop with parties, festive dinners, dancers, and masquerade balls until Ash Wednesday.

It combines a number of pre-Christianity fertility rites and customs, like the driving out of the winter, fear of coldness, and sickness.

Carvival became known as a way to enjoy life to the fullest just before fasting during the more somber days of Lent.

In Catholic Bavaria, people call it Fasching. The word Fasching is thought to originate from the Middle High German "Fastschank," the last drink served before the Fast.

During its beginnings, Fasching fast became popular with lower class citizens who were allowed to poke fun at the aristocracy and the heads of church and state without fear of retribution.

Carnival revelry is particularly strong in the Rhineland, where the celebration had its beginning.

Big pageants with costumed marchers and masked dancers and

floats are especially colorful in the cities of Cologne, Duesseldorf, and Mainz, where it is almost a civic duty to join the fun on Shrove Tuesday.

Throughout the centuries, the carnival continued to grow larger, and by Feb. 10, 1823, when Prince Carnival was crowned in the city square of Neumarkt in Cologne, it had become a world-renowned celebration with extravagant parades city-wide.

In many cities, a Prince Carnival, also referred to as "His Crazy Highness," is elected to lead the festivities with his princess and a court of fools.

On Faschingsdienstag (Fasching Tuesday), the crazy couple will move with their retinue into the Rathaus (City Hall) to govern until midnight when the merrymaking comes to an abrupt halt.

It is also tradition that on the Thursday before Ash Wednesday, women take symbolic lead by cutting the men's ties. If you're out and about on this day, it is highly advisable not to wear your best tie in public areas.

The general mood throughout most cities is a round-the-clock revelry. There are lots of streamers, garlands, confetti, good food, and beer.

Fasching, the world over, is the time when people don't take things quite so seriously. In other words, it's party time!



Photos by Paula J. Guzman

Even pirates came out to scare winter away during last year's Fasching parade in downtown Vilseck.

Fasching events in the Grafenwoehr-Vilseck area

Today

- "Rossmarkt" in Berching.

Sunday

- 1400 hrs East Bavarian Fasching Parade through the town center of Nabburg

<http://www.fasching-ostbayern.de/>

- 1400-1530 hrs Fasching Parade on Bahnhof and Hauptstrasse, Pressath

Thursday, Feb. 15

- 2000 hrs Frauenbundfasching at the Gasthaus Ritter, Hahnbach
- 2000 hrs Weiberfasching at the Pfarrzentrum St. Michael, Amberg
- 2000 hrs Weiberfasching at the Gemeindezentrum, Freihung

Friday, Feb. 16

- 2000 hrs Weiberfasching of the Dorfgemeinschaft Mimbach-

Mausdorf

- 2000 hrs Kappenabend of the Sportverein Hahnbach at the Sportheim, Hahnbach
- 1500 hrs Fasching of the Faschingsgesellschaft Knappnesia e. V. and local gasthouses at the Luitpoldplatz, Sulzbach-Rosenberg <http://www.knappnesia.de/>

Saturday, Feb. 17

- 1414 hrs Fasching Parade, Huetten
- 2000 hrs Faschingsball of the Vilseck soccer club at the Mehrzweckhalle Vilseck (German school multipurpose hall)
- 2000 hrs Hausfasching of the FC Freihung at the Sportheim, Freihung

Sunday, Feb. 18

- 1400-1900 hrs

Fasching Parade with following

outdoor party at Vilseck's town center.

- 1400 hrs Fasching Parade at the town center, Hahnbach
- 1400 hrs Children's Fasching of the Dorfgemeinschaft Mimbach-Mausdorf
- 1400 hrs Fasching Parade at the town center of Rieden <http://www.narrhalla-rieden.de/>
- 1400 hrs Fasching Parade at the town center of Schnaittenbach
- 1400 hrs Fasching Parade at the town center of Schmidmühlen
- 1530 hrs Fasching Parade at the town center of Freudenberg

Monday, Feb. 19

- 1300 hrs Children's Fasching at the Wolfgangsheim in Sorghof (next to the church).
- 2000 hrs Faschingsball of the Vilseck fire brigade at the Mehrzweckhalle Vilseck (German school multipurpose hall).
- 2000 hrs Rosenmontagsball of the Schützenverein "Gut Ziel" Seugast at the Schützenheim, Weickenricht
- 2000 hrs Rosenmontagsball of the FG Auerbach at the Schenk-Saal, Auerbach <http://www.fg-auerbach.de/>

Tuesday, Feb. 20

- 1300 hrs Children's Fasching

at the Mehrzweckhalle Vilseck.

- 1400 hrs Fasching Parade through the town center of Auerbach <http://www.fg-auerbach.de/>
- 1400 hrs Children's Fasching at the Gasthof Roter Hahn in Schlicht.
- 1400 hrs Children's Fasching at the Sportheim in Ursulapoppenricht
- 1430 hrs Fasching at the Park Café Bavaria Heim, Sulzbach-Rosenberg
- 1400 hrs Children's Fasching at the Sportheim, Freihung
- 1400 hrs Children's Fasching at the Schulhaus, Großschönbrunn
- 1400-1700 hrs Children's Fasching of the Arbeiterwohlfahrt KV Sulzbach-Rosenberg e. V. at Sulzbach-Rosenberg <http://www.knappnesia.de/>
- 1900 hrs Funeral of Fasching Prince at the Kettelerhaus, Sulzbach-Rosenberg <http://www.knappnesia.de/>
- 1900 hrs Fasching Teenie-Party at the Schulhaus, Großschönbrunn

- 2000 hrs Final Fasching party at the Mehrzweckhalle Vilseck.

- 2000 hrs Hausfasching of the DJK Seugast e.V. at the Sportheim, Seugast
- 2000 hrs Faschingsparty at the Schützenheim, Tanzfleck
- 2000 hrs Kehraus of the FG Michelfeld at the Schenk-Saal, Auerbach <http://www.fg-auerbach.de/>
- 2000 hrs Skihaserl-Faschingball of the Skiclub Unterweißenbach at the Mehrzweckhalle, Vilseck (German school multipurpose hall)
- 2000 hrs Turnerfasching at the Schulhaus, Großschönbrunn

Wednesday, Feb. 21

- 1500 hrs Fisch procession of the F. G. Knappnesia e. V. starting at the Fürstenquelle, city center of Sulzbach-Rosenberg <http://www.knappnesia.de/>
- 1500 hrs Fisch procession at Rieden
- 1500 hrs Fisch procession at Kümmersbruck



Face paintings are common during carnival.

Americans and Germans gathered at Vilseck's city center last year for one big party celebration with parade, candy, and clowns before the 40 days of fasting during Lent.



Young and old dress up for the days-long festivities.

Food & Culture

Love, by any other name...

Valentinstag a day for lovers only

by MARTINA BIAS
Bavarian News Food & Culture columnist

St. Valentin and the lovers' day celebration in his name are not traditionally German, but in recent years Valentinstag has become increasingly popular in this country. Originally, Valentine's Day was celebrated mainly in France and English-speaking countries. The celebration began to gain popularity in Germany after the end of World War II with the friendly help of American Soldiers. Some aspects of Valentinstag are very similar to the American celebration, but there are also several distinct differences. In Germany, valentines are generally only exchanged between lovers. I therefore caution you if you plan to give your German friends and neighbors a surprise valentine, as it could be misinterpreted. Considering that valentines are only given to one's special love in Germany, you can



In Germany, the words "Ich liebe Dich," (I love you) are exchanged between lovers only.

imagine my surprise when my oldest son came home from American kindergarten one day and announced that he wanted to give valentines to all the children in his class. In many places throughout the world the color red symbolizes love, and Germany is no exception. Red roses are also a symbol of love for Germans and purchased by the dozen on Valentine's Day. The German words for "I love you" are "Ich liebe Dich". Americans use these words very often, but again, I have to warn you to use care when you use the German translation. In Germany, only lovers and spouses say



Red roses are a symbol of love for Germans as well as Americans.

Ich liebe Dich to each other. To friends, family, children, and other people that are dear, Germans will say: "Ich hab Dich lieb." The difference is subtle, but important. I still cringe on the inside when anyone other than my husband (and children) says "I love you" to me. To Germans, these are very special and intimate words. According to a popular German magazine, about 70 percent of all German couples use a pet name (Kosename) with each other. The top five German pet names and words for "darling" are:

- 1. Schatz / Schatzi / Schätzchen (treasure)
- 2. Liebling (beloved, darling)
- 3. Maus / Mausi / Mäuschen (little mouse)
- 4. Hasi / Häschen (bunny)
- 5. Bärchen (little bear)

Other common German names for that special someone include Biene (bee), Engel (angel), Gummibärchen (gummy bear), Honigbienenchen (little honey bee), Knuddel (cuddles), Kuschelbär (cuddle/huggy bear),



The top five German pet names for "darling" are Schatz (treasure), Liebling (beloved), Maus (little mouse), Hasi (bunny), and Baerchen (little bear).

Prinzessin (princess), Schneckchen (little snail), Schnuckelchen/ Schnuckiputzi (cutey pie/ little cutey), Spatzi (little sparrow), Suesse/Suesser (sweetie (fem./masc.)), Tiger (tiger),and Zaubermaus (enchanted/magic mouse). Some of these might sound a little strange

to American ears, but hey: All's fair in love and war! Have you ever wondered why Germans do certain things? I welcome your questions and comments. E-mail me at martina.bias@us.army.mil, and I may be able to address your suggestions in a future column.

Bake a Black Forest Cake for that special someone

by MARTINA BIAS
Bavarian News Food & Culture columnist

Today I am going to share a recipe for one of Germany's most famous cakes. SchwarzwälderKirschtorte (Black Forest Cake) is a wonderful example of German baking tradition. Although the exact origin of this delectable confection is not known, many believe that it originated in the late 16th century in the Black Forest region of Germany, from which it derived its name. The Black Forest ("Schwarzwald" in German) is located in the state of Baden-Württemberg, in the extreme southwest of the country, bordering France and Switzerland. It is a well-known tourist region, famous for its picturesque towns and cuckoo clocks. The region is known for its sour cherries and Kirsch or Kirschwasser (a double distilled, clear cherry brandy made from the sour Morello cherry). Combine these cherries with the Germans' love of chocolate, and you have a wonderful chocolate torte with cream and cherries.



True Black Forest Cake is made with Kirschwasser, or cherry brandy.

I have seen many simplified American versions of this German cake that are prepared with devil's food cake, cherry pie filling, and whipped cream, but the traditional German recipe calls for a heavier and denser cake, as well as the use of the famous Kirschwasser (cherry brandy). As a matter of fact, many Germans might think a SchwarzwälderKirschtorte without alcohol is not really a SchwarzwälderKirschtorte at all. The following recipe makes a 10-inch cake, which is somewhat smaller than the tortes you see in the local bakeries. All ingredients are easy to find and Kirschwasser can be purchased in a German grocery store. While some versions of this cake keep the layers of cake, cherries, and cream separate, I prefer to fold the red fruit into the creamy mixture for a wonderful flavor sensation. Why not try to make this luscious treat for your sweetheart this Valentine's Day? Guten Appetit!

SchwarzwälderKirschtorte (Black Forest Cherry Cake)

Cake:
1 stick butter or margarine, softened
1/2 cup sugar
6 eggs, separated
1 tsp. vanilla extract
4 squares (1 oz. each) semi-sweet baking chocolate, grated
1 1/4cups ground almonds
1 cup flour
2 tsp. baking powder
1/4 cup Kirschwasser

Filling and topping:
3 cups whipping cream
1/3 cup confectionary sugar
3 Tbs. Kirschwasser
2 cans cherries(drain and reserve liquid), chopped

Garnish:
Chocolate curls, chocolate sprinkles
Maraschino cherries

Preheat oven to 350 degrees. Beat egg whites until stiff peaks form. Set aside. Cream butter. Gradually add sugar and egg yolks. Beat until light and frothy. Add vanilla extract, grated chocolate, ground almonds, flour, and baking powder. Gently fold in stiff egg whites. Pour mixture into greased and floured Springform pan. Bake for 30-45 minutes or until cake tests done. Cool for a few minutes and then remove cake from pan. When cold, cut the cake horizontally into three slices.

Mix the Kirschwasser and 1/3 cup of the reserved cherry liquid. Spoon evenly over the three slices of cake. For the filling and topping, whip the cream with the confectionary sugar and Kirschwasser until stiff. Set aside 2 cups of filling mixture. Gently fold chopped cherries into remaining filling. Place bottom cake layer on platter. Spread with 1/2 of cherry mixture. Top with middle cake layer and remaining cherry mixture. Top with last cake layer and spread reserved filling over top and around the sides of cake. Sprinkle with chocolate curls or sprinkles and decorate with maraschino cherries. Refrigerate for several hours before serving. Yield: 12-16 servings



The amount of chocolate on the topping may vary depending on personal taste.

Try something different ! If you like to cook and would like an authentic German recipe, e-mail the Bavarian News Food & Culture columnist for a recipe.

Wondering how to recreate a delicious dish you ate in a village Gasthof or neighborhood cafe? Let us know. We'd like to feature the recipe in a future issue.

Just e-mail us at martina.bias@us.army.mil. Guten Appetit!

London on a Budget

Visiting England's famed capital city doesn't have to **break** the bank



An important settlement for around two millennia, London is one of the world's most important business and financial centers. Its influence in politics, culture, education, entertainment, media, fashion, sport, and the arts make it one of the world's key global cities.

Story and photos by JODI WARD
Staff writer

Living abroad provides each and every one of us the unique opportunity to travel, but the thought of traveling to London, where the dollar yields only half of a British pound, can put a damper on travel plans.

Fear not! You can see and experience the best that London has to offer without breaking the bank.

As a matter of fact, some of the best London experiences are completely free. Try these favorites:

Walking is one of the best (and least expensive) ways to experience a new city, especially London, where cab fares are quite pricey. If walking isn't for you, buy a day pass or a pre-paid Oyster Card and ride the London Underground, also known as "the tube."

And if you really enjoy walking, taking a leisurely stroll along the deep blue waters of the meandering **Thames** will bring you past many of London's most famous sites.

Situated on the river's south bank is the historic **Globe Theater**, where Shakespeare worked and performed many of his greatest plays. The building, which burned down for the second time in 1644, was faithfully reconstructed in the 1990's. Visitors can again enjoy plays at the historic theater during the summer; in the winter, the theater is used for educational purposes, and tours are available.

Just a short walk to the east is the London Bridge, which inspired the well-known nursery rhyme **London Bridge** is Falling Down. It obviously fell down several times because the current bridge is the fourth to exist at this site. A bridge has existed at or near the present site for nearly 2000 years. Though it's not as architecturally attractive as some of the world's more renowned bridges, the famed structure continues to draw a crowd.

Continue heading east on the river walk and you will come to the **Tower Bridge**, an iconic symbol of London that is often mistaken for the London Bridge. Cross the Thames here for a beautiful view and photo op! Be sure to get a photo of your next stop, the notorious London Tower.

Once the home and execution sight of London's most infamous prisoners, including Sir William Wallace, Sir Walter Raleigh, and Anne Boleyn, the ancient fortress is now a museum and home to the Crown Jewels of England. The Tower is always bustling with tourists, so if you do plan to take the tour, be sure to arrive early as lines begin to swell in the afternoon.

Another route that will bring you past many equally impressive sites begins at **Buckingham Palace**. This structure is more historically impressive than architecturally. Home to the Royal Family since 1762, it is

nonetheless a must-see when in London.

Though you can't stop in for a spot of tea with the queen, during the summer months visitors can pay to take a tour of the State Room, Grand Staircase, and Throne Room, as well as the Picture Gallery, which displays masterpieces by Van Dyck, Rembrandt, and others.

The Palace's most popular attraction, however, is just outside and free of charge—the **Changing of the Guard**.

The schedule for the Changing of the Guard ceremony is variable at best. In theory, the guard is changed at 11:30 daily from some time in April to mid-July, at which time it starts its winter schedule of alternating days. No matter what time of the year, arrive early to secure a clear view (as early as 10:30 a.m.). And be sure to check locally last minute changes due to weather or whim.

Once you have seen this world famous spectacle, head down **Birdcage Walk**, a scenic road along the southern edge of St. James Park toward the River Thames. Before reaching the river, you will come upon **Westminster Abbey**.

Construction for the abbey was started around 1045 by King Edward. With the exception of Edward V and Edward VIII who were never crowned, the abbey has held every royal coronation since 1066 and is the burial site for hundreds of kings, statesmen, poets, scientists, warriors, and musicians.

You can see inside Westminster Abbey for free. There is not charge for visitors who are there to worship, but they rely on admission fees (a steep 10 pounds) from visitors to cover operational costs.

Whether you're a praying customer or a paying one, Evensong is worth it! Listening to this performance by the abbey's choir in this breathtaking Gothic church is a heavenly experience. Evensong takes place at 5 p.m. on Mondays, Tuesdays, Thursdays, and Fridays, plus afternoon performances at 3 p.m. on Saturdays and Sundays.

After your tour of the abbey, continue heading toward the river and you will come

upon the next stop on this walking tour—the **British Houses of Parliament**. This former royal palace has been a center of authority for over 1,000 years. Home to the royal family until 1512, this massive building is now home to both legislative bodies: the Commons and the Lords.

Parliament is open to all members of the United Kingdom public and overseas visitors. Visitors can watch British lawmakers in white wigs as they make and argue laws. Visitors can also attend debates and committee meetings or tour the buildings. Overseas visitors may only tour the building during its summer opening.

Located on the north end of the Houses of Parliament is the iconic "symbol of London" and world's most famous clock, often referred to as **Big Ben**, but officially named the Great Bell. Tours of Big Ben are currently not open to tourists; however visitors can get a great view of the tower from the next stop on the tour—**British Airways's London Eye**.

Built as a Millennium Landmark, the London Eye rises 443 feet above Jubilee Gardens on the south bank of the Thames. From this height, 15,000 passengers a day, carried in 32 glass observation pods, can view up to 25 miles over the city and beyond. Although a ride on the Eye costs the equivalent of \$30, the panoramic view of London is unrivaled, and you can get a 10 percent discount for purchasing advance tickets online.

London has hundreds of museums and exhibitions large and small, and many of the best ones offer free admission, charging only for entrance to special exhibits. The following

are must-see freebies for art lovers.

The British Museum is thought to hold one of the world's most extensive collections of art and artifacts, including a vast collection of Eastern antiquities.

To view an extensive collection of Western paintings, head to the **National Gallery**, where all the major schools from the 13th to 20th century are represented.

The Tate Britain Museum houses the national collection of British art from the 16th century to present, while the **Tate Modern Museum** is home to an extensive collection of 20th century art and is considered one of the world's most important modern art galleries.

Other free attractions in London include the British Museum, the National Gallery, National Portrait Gallery, the Imperial War Museum, Victoria & Albert Museum, Natural History Museum, and Science Museum.

After a long day of exploring, what could be more enjoyable than partaking of the quintessentially **English afternoon tea**? Fancy a cup without the upscale price tag of the Ritz?

Many cafés and smaller hotels offer up an equally satisfying spread, and you don't have to wear your Sunday best to get in the door.

Prefer a pint and pub food to tea and crumpets? Bellying up to the bar in one of London's many pubs is a must for "of age" tourists, even if it's not for a pint of English ale. Pubs are known for having very reasonable prices and hearty, traditional English food, such as bangers and mash (sausage with mashed potatoes,) toad in the hole (sausage baked in Yorkshire pudding,) and of course, fish and chips.

Not sure where to go? Asking for recommendations from locals will often lead you to good deals and great food!

From afternoon tea to the Changing of the Guard at Buckingham Palace, London abounds with the culture and charm of days gone by. There is so much to see and do in this bustling metropolis and you can experience it all, even on a budget!



Visitors can find great pubs on nearly every corner in London.



Shakespeare's Globe Theater on London's South Bank.

Health Care at a Glance

Learn how to navigate your medical care on Grafenwoehr and off post

This is the second of a three-part series that will highlight health care services throughout the U.S. Army Garrison Grafenwoehr. Today's issue covers Grafenwoehr. The Feb. 21 issue will cover Hohenfels.

Story and photos by KATIE COWART

Assistant editor

Whether you're new to the Army or not, seeking health care in a foreign country can seem a bit intimidating.

The Grafenwoehr Health Clinic looks to make this experience as easy as possible for patients.

Non-emergency care

The first step for most health issues is to schedule an appointment at the clinic.

The clinic has an open access policy, meaning that anyone with an ID card can be seen by a doctor. Appointments may be made for up to two weeks out. The only exception to this rule is sick call, which is Monday, Tuesday, Wednesday, and Friday 6:30-9 a.m. and Thursday from 1-1:30 p.m. for active duty Soldiers only.

Many minor health issues can be handled at the Grafenwoehr clinic and do not require a visit to an off post facility. For those issues that require more care than is available on post, clinic officials will make a referral to a civilian doctor or specialist.

Your doctor will point you to the TRICARE representative who will be responsible for booking your appointment on the economy. You will be given a list of providers to choose from.

Most providers will speak some English, and many are fluent. The providers set up through TRICARE will take care of most of your paperwork for you, which includes sending the patient report and bill for services back to TRICARE for you.

If you do not have TRICARE, there is very little difference in this process. You will still go to a TRICARE representative for a referral, but you will have more paperwork to fill out for your own personal billing process.

The TRICARE representative will also help you with the paperwork. The rest of the process is the same.

Where many people begin to get scared is at the thought of being admitted into a German hospital. The Army health care system is there to take care of you, however, even when you are in a non-Army hospital.

Patient liaisons are assigned to visit every patient referred from the clinic and admitted to a German hospital.

These patient liaisons are fluent in German and English and are there to make sure you understand your care and to answer any questions you may have. They are also there when you are discharged to make sure you understand your discharge instructions.

1st Lt. Kattiya Urbanski is the Grafenwoehr Health Clinic executive officer and a patient representative.

"We will do everything we need to do to get a patient proper care," Urbanski said. "We won't send someone out onto the German economy blind."

Most patients from the Grafenwoehr clinic are referred to Weiden for further care. Urbanski attributes this to the Klinikum Weiden's excellent reputation and a need for continuity in health care. She said that the



The hospital in Weiden treats American patients on a regular basis. Liaisons assist U.S. personnel and families who are admitted.

health care system in Weiden and the Grafenwoehr clinic have a very strong relationship and that the doctors in Weiden regularly treat American patients.

There are a few cultural differences, however, when staying in a German health care facility versus an American facility. These are very similar to the general cultural differences of everyday life.

The major differences are with the food and privacy. Consistent with typical Germany lifestyle, breakfast and supper tend to be lighter fares in the hospital, while lunch is the large warm meal of the day. Patients are also more likely to share rooms in a German hospital than in an American hospital. If you have any concerns about these differences, you can contact the Grafenwoehr clinic or a patient liaison.

Emergency care

Living in Germany means limited hours on things that Americans are used to having

available around the clock. You have probably learned already that the health clinic does not have its own emergency room, nor is it open 24 hours a day.

In the case of an emergency, the clinic suggests that you go to the nearest hospital. Full emergency care, along with specialty care, can be found at the Klinikum Weiden, which is where the Grafenwoehr clinic likes to refer patients.

If you do have an emergency and need to go straight to the hospital instead of getting a referral, contact the TRICARE representative the next working day.

You will need to report your emergency as soon as possible to ensure that TRICARE will cover all costs, and if you do not have TRICARE, so you can get started on your billing paperwork.

Expanding the clinic

While the Grafenwoehr clinic offers basic health care now, it is in the process of expand-

ing. By mid-March, the clinic will begin transitioning to its new building.

"We are trying to offer more services due to the growing population," explained Urbanski.

In addition to the services already offered at the clinic, optometry, audiology, and physical therapy will be added.

The size of the laboratory will increase so that more testing can be done here instead of having to send samples off for evaluation.

Physical therapy will be the last section to be completed and is set to open in July.

Important Numbers:

From civilian phones, dial 09641-83-XXXX.

Appointments 475-7152/8393
Monday, Tuesday, Wednesday: 0800-1930
Thursday: 1300-1930
Friday: 0800-1500
Saturday: 0900-1200, Bldg. 475

Pharmacy 475-7431
Monday-Wednesday: 0730-1630
Thursday: 1300-1630
Friday: 0730-1500, Bldg. 475

Tricare Service Center 475-7424/7420
Mon., Tues., Wed., Fri.: 0800-1200
1300-1600
Thursday: 1300-1600, Bldg. 475

Tricare Enrollment 475-8589
Patient Rep. 475-7118, Bldg. 475
Emergency On post: 114 Off post: 112
MP Station 475-8319, 24 hours, Bldg. 506
24 hour medical advice 0800-825-1600

Klinikum Weiden 0961-3030



The Grafenwoehr Health Clinic on post currently offers basic care, but services will expand in the spring.

AR 600-63, Army Health Promotion
DA Civilians and Local National Employees may be authorized up to
3 hours work time per week for 6 months
(Supervisory approval required)

Enrollments & Fitness Assessments
will be held at the following locations:

Hohenfels – March 27 from 0900-1100
Post Gym

Grafenwoehr – March 28 from 0900-1100
Grafenwoehr Fitness Center

Vilseck - March 29 from 0900-1100
Vilseck Rose Barracks Fitness Center

Visit www.grafenwoehr.army.mil, select the Health Promotion link under Community Services and download the Enrollment Packet. Please have all information completed, including supervisor approval before attending fitness assessment.

Falcons on track despite practice shortage

by JODI WARD
Staff writer

Basketball practice on a racquetball court? That's right. Ongoing construction at Vilseck High School has forced the Falcons boys basketball team to become more creative, but it's not getting them down.

The team, now 4 and 5, after scoring a pair of victories in Aviano, Jan. 26-27, is finally recovering after missing nearly a third of their usual pre-season practice time.

"It has been a pain," said Falcons Head Coach Richard Ritter about the team's lost practice time.

"This has hurt (the team's) conditioning and free throw shooting. I have had to reduce time spent on these, when we really needed it," he said.

But after a rough start, the Falcons are back on track, now 1-1 in their conference and 3-1 in the division.

Earlier in the season, Vilseck lost games that they had been dominating, but during last month's Aviano games, the Falcons came from behind in the last minutes to beat Naples and Aviano.

"They're learning how to close games out," said Ritter, "and even come from behind to win. We're really good in the fourth (quarter)."

Despite losing key player sophomore Kyed



The Varsity Falcons are 4 and 5 after scoring a pair of victories in Aviano Jan. 26-27.

Najdawi to the flu, the sure-shooting of junior Kollin Jordan (18 pts.), and team captain senior Captain Ronnie Turner (15) secured the Falcon's victory over Naples, 56-52.

"Ronnie is a solid outside threat and is a very clutch player, who hits the key shot when we need it, especially in our victories this year," said Ritter. "Kollin has wonderful post moves and is

a force inside.... We just need to get him the ball more."

On Saturday, with Najdawi back in the game, the team turned up the heat for the home court advantaged Aviano Saints.

Najdawi scored his season high of 20 points while Jordan played another good game scoring another 18; in the end defeating the Saints

55-49.

"Kyed played great," said Ritter. "He felt better and ended up playing his best game this season," said Ritter.

"I told him to catch the flu more often," he joked.

Ritter, who has been head coach of the team for seven years, characterizes his team as selfless, saying that they "like to make the nice pass as much as they like hitting the shot."

With a total of 13 assists in the recent Aviano games and a season total of 20 assists, sophomore Kawika Camense is proof.

"I've been working with the guys to get the ball to Colin and Kyed (both over 6'4") and Kawika did a great job doing just that," said Ritter.

Ritter said that his team is really stepping up and "beating teams that (they) will play in the conference championship."

And with the European Championships just weeks away, Ritter and his team are already eyeing the competition—the Wuerzburg Wolves, the No. 1 seated team in the conference.

Though the Wolves have held the Division I title two years running and are now a Division II threat, Ritter said that conference games have been so close that, "everyone has a shot."

Vilseck will play Black Forest Academy Friday and Wuerzburg at home Feb. 16.

The European Championship will be held Feb. 21-24 in Mannheim.

'Starter' strategy boosting Tigers' performance

by GARRY BARROWS
Staff writer

"We will be ready to play and we will be competitive."

That is how Hohenfels' Boys Basketball Coach Kathlene Clemmons views her team as she looks ahead to next month's European Boys Basketball Championships in Mannheim.

The team is playing an excellent season at 6 and 2 with several important games coming up. The starting lineup features four seniors and one junior.

Clemmons said she is very impressed with the leadership.

"The difference between this year and last year is maturity and experience," she said. "The talent was there last year, but maturity just takes time."

The Hohenfels Tigers are spearheaded by senior co-captain power forward B.J. Denson

who leads the team in scoring and rebounding averaging a double-double, meaning he scores in the double digits per game, per category. Clemmons said his "instinct and talent" are components of his natural team leadership.

Junior shooting guard Michael Tillberg plays an important part in keeping the team focused while senior "Sparkplug" Kenny Oberlin plays his best in clutch situations in addition to working hard to keep his teammates "100 percent motivated" and in the game.

This is Clemmons seventh year as the varsity basketball coach. She also serves as the school's athletic director and girl's volleyball team coach.

"In 2000, no one wanted to take responsibility for coaching the team," said Clemmons, "so I did." Despite the hectic balancing act of teaching and coaching, she said she enjoys coaching, having built up the program to a level where the team feels they have an opportunity to win every time out, something

that has not always been true for Hohenfels.

Clemmons gives the players credit for the team's success.

"They are good kids," she said. "They have strong parenting to guide them; they are good sports; I trust them and wouldn't trade them for anything."

Clemmons relates a turning point that took place in the season after a loss at Hanau Jan. 19.

"We had a serious conversation on what we had to do to win," she said.

The team then met and discussed additional personal commitments toward one another. The following morning the team won the second game of the back-to-back series and has continued to improve, winning decisively at Ansbach Jan. 26.

Even though this is a senior led team, Clemmons said she is very optimistic about next year. "The second five coming in are very strong and we have some great JV players coming up," she said. "The kids coming off the bench give

100 percent all the time. Some are roll players now, but their time will come."

Clemmons points out that the way they practice continually improves the team.

"The starting five do not play as a unit in practice," she said. "This raises everyone's level of play."

This technique causes improvement in each player as all of the team members are pitted against their team starters and not just a static group that they can get used to playing, she explained.

Clemmons said Hohenfels High School Principal Daniel Mendoza has been "fabulous" in his support of the team while "the faculty and staff are very supportive of the entire sports program." She credited her assistant coaches Shavar Gaines and J.R. Hall with helping to make the team a success.

The European Championships are scheduled Feb. 21- 24 in Mannheim.

Youth Sports seeking volunteer coaches, assistants

by RACHEL HARTMAN
Youth Sports Director, Hohenfels

Can you answer "yes" to the following questions? Do you think you can provide positive instruction, leadership and supervision to children ages 3-18 years old? Do you like team sports, especially baseball and

softball? If you can answered "yes," then we have a job for you! Youth Sports volunteers are always needed. The coaches in our community have a huge impact on our youth, but due to demanding work schedules, coaches are few this season.

Currently Youth Sports is in the

middle of a community-wide search for baseball and softball coaches. All coaches for the spring season are needed by Feb. 23. It takes helping from the community to create an extraordinary program. Contact Carmela Feltz for more information on volunteering for Youth Sports at DSN 466-2558.



Upset victory

Congratulations to the Hohenfels High School Junior Reserve Officer Training Corps cadets who took the European Rifle Championship at Patch High School last month. HHS cadets beat out Vilseck who has been the perennial winner for the last six years.

Sports Briefs

USAG Graf unit level basketball games

Mondays & Wednesdays in Vilseck: Games at 6 and 7 p.m.
Tuesdays & Thursday's in Grafenwoehr,: Games at 6 and 7 p.m.
Games are held at the Memorial Fitness Center, Bldg. 616 (Vilseck) & Physical Fitness Center Bldg. 170 (Grafenwoehr).
Contact Carl Boothe (Vilseck, DSN 476-2214/2998) or Mike Bradfish (Graf, DSN 475-9024/9007) for information.

Sports & Recreation calendar of events

■ Volleyball League Registration, 1-31 Feb., USAG Grafenwoehr, Unit Level, Graf/Rose Barracks
■ Basketball Championship, 23-25 Feb., USAG Grafenwoehr, Unit Level, Grafenwoehr

Parents, students seeking to start up DoDDS high school baseball program

Baseball is one of the top three sports in the US. It is also a sport that isn't offered in DoDDS high schools in Europe.

A group of concerned parents and students are trying to show that there is a desire to play competitive baseball as a part of DoDDS High School athletic program.

Visit <http://www.bringbaseball-2-europe.com/>, password = playball and show your support. We respect your privacy and are committed to keeping your information protected.

Hip hop, street jazz dance classes set

Hip hop and street jazz dance classes are now being offered for adults at the Vilseck Rose Barracks Fitness Center.

■ 1st session: Jan. 18 – Feb. 23
■ 2nd session: March 1 – April 5
■ 3rd session: April 12 – May 17
Classes are held Thursdays at 7 p.m.
Register at the Rose Barracks Fitness Center, Bldg. 323. Classes will be held at Bldg. 221.
For information, call DSN 476-2998/2214.

Operation Get Fit offers high-energy class

Beginning Feb. 17 10:30-11:30 a.m. at the Grafenwoehr Physical Fitness Center. Get Fit is an adult program provides a combination of back-to-back group classes: step aerobics, kickboxing, etc.